



Kidney Q&A

0-3 months

Life Options Rehabilitation Program
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Q: Do most people with kidney failure feel the way I do?

A: The only way to know how other people with kidney failure feel is to ask them. Being new to dialysis, you may feel happy to be alive. This is a common feeling, since without dialysis you'd die.

It's very normal to feel worried and sad once you realize your kidneys have failed and you will need ongoing treatment to live. It's also normal to feel angry and even jealous when you see others who take their kidneys for granted and don't have to watch what they eat or drink.

Some of the best people to talk with about coping are other patients who have been through what you're going through. Some dialysis centers, transplant programs, the National Kidney Foundation, and American Association of Kidney Patients have support groups. There are also support groups on the Internet.

What I can do to cope with my feelings about kidney failure:

- Ask my social worker to link me up with people who are coping well with kidney failure.
- Ask other patients what they did to cope with it.
- Visit module 5 of Kidney School™: Coping with Kidney Failure, at www.kidneyschool.org to learn more.

Do most people with kidney failure feel the way I do?